

Front

Diameter:
191 mm

Paper:
Glossy art paper
matt laminated

Grammage:
200gsm



Inside

Diameter:
209 mm



Use your words to build up the client

Use these along the way

Diameter:
191 mm



Validation

■ It makes sense to me that...

Examples:

- If it's making you feel unwell you'd be tempted to stop...
- If your partner is giving you grief you'd be asking yourself if it is worth it...



Affirmation

■ I appreciate you because...

Examples:

- I appreciate the way you are taking responsibility for your family
- I admire how you have found a way to stay hopeful even when things are so hard



Empathy

■ I imagine you could be feeling...

Examples:

- I imagine you could be feeling a little hopeless
- I imagine you might be feeling afraid

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